

# FEBRUARY HIGHLIGHTS

## Outing: Lunch at Applebee's

A lunch at the Neighborhood Applebee's is sure to please our tastebuds on a cold winter day!

## Outing: Parkinson's Education

A free educational event right here in Red Wing. Let's go and learn about Parkinson's Disease and how we can best support our friends and family who are living with it.



## Outing: Cribbage at Pier 55

We go to the weekly Cribbage Game Time at Pier 55! Let's check it out and see if we should go more often!



## Candy Grams!

Back by popular demand, Candy Grams are a great way to say "love ya!" to your fellow Deer Crest friends, and staff!

## Travel time: Austria

Join us as we learn about Austria!



Brenda will share some of her travel pictures, too!



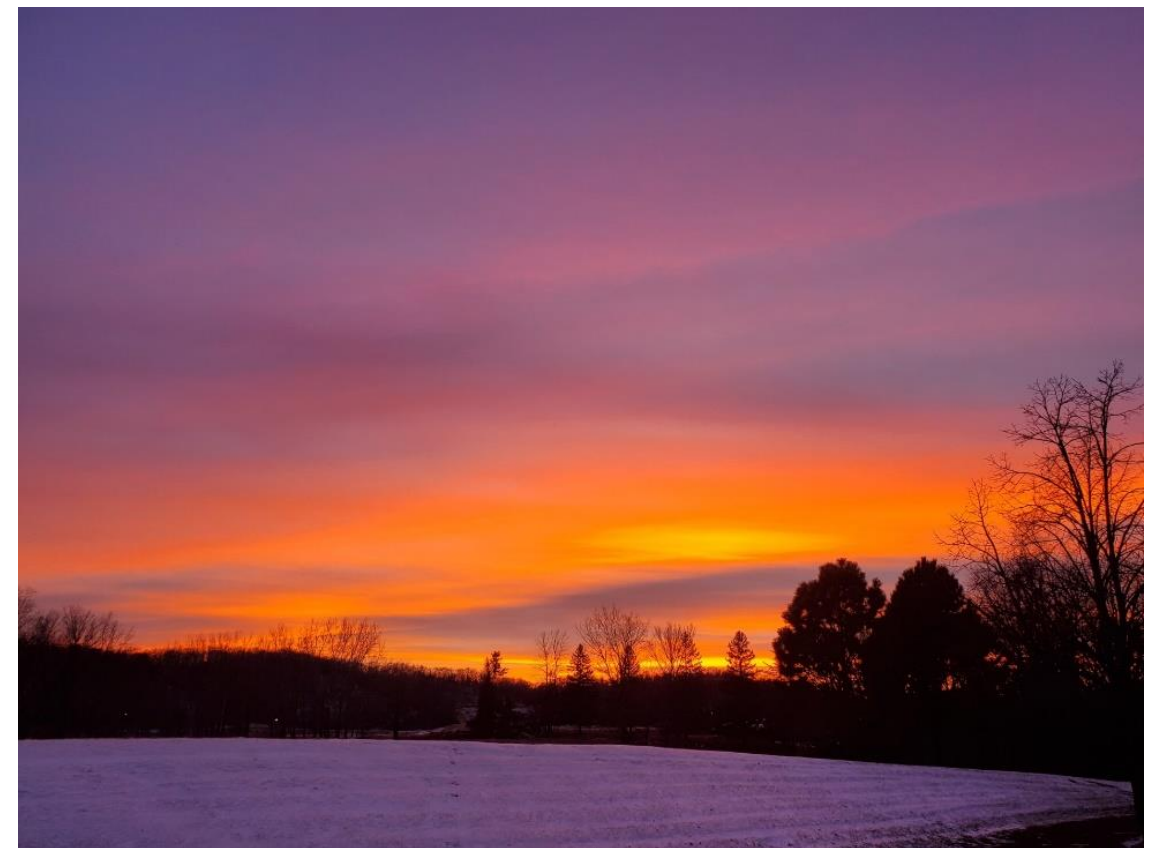
DEER CREST  
SENIOR LIVING

# DEER CREST CHRONICLE

FEBRUARY 2025

2025 is well under way! And it's been a cold one! As true Minnesotans, I'm sure we are all looking forward to "the next season" – which will have warmer weather! At any rate, we can wish for warmth while we stay busy inside the cozy wall of Deer Crest 😊

February is sure to have us busy – with performances, outings, and social gatherings – there's something for everyone!



**Join in!  
Make a new friend!  
Try something new!**

Beautiful Sunset on Deer Crest side lawn 1/16/25, Brenda's phone, no filters



**Join us for Exercise Class!**

**Go at your own pace,  
and move at your own ability!**



## Upcoming Presentations:

### **Brain Resilience and Memory Strategies**

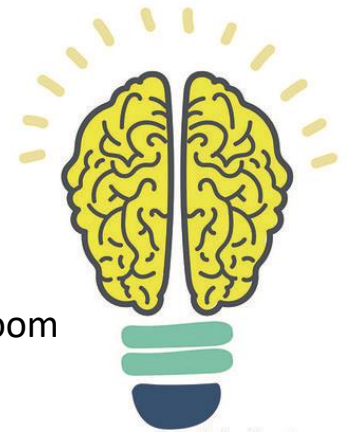
Presented by: Odom Rehab

Thursday February 13<sup>th</sup>, 3:30 pm, in the Community Room

### **Preventing Scams**

Presented by: Goodhue County Deputy

Tuesday February 18<sup>th</sup>, 3:30 pm, in the Community Room



### **A Message from Chaplain Craig:**

My children always like a good party. Luckily for them, birthday parties are a pretty common occurrence these days in the life of our family. In January, I attended not one but two of them! Both featured balloons, activities, party favors, birthday cake, and a small group of rambunctious six- and seven-year-old girls having the time of their life!

Young children seem to have little trouble tapping into a genuine spirit of joy and celebration in their lives. A birthday once every year isn't nearly enough—many like to mark half-birthdays in special ways too! (Don't tell my daughter that she's only six years old because she'll quickly correct you, "I'm six and a half!"). As we grow older, we tend to lose that same exuberance and enthusiasm around celebrating our birthday. We tend to get sheepish around celebrating at all, too quick perhaps to tell ourselves and others that "it's just another day."

Undoubtedly, to celebrate our 91st birthday is a different thing than celebrating our 9th. And yet for all the changes that the years do bring to our lives and our aging bodies, there may be just as much reason to celebrate now as when our lives had just begun! Without dismissing our real aches and pains or the persistent challenges that come with getting older, we can find joy and even fun in the here and now. At any age, we can take time to celebrate all that we've learned along the way, enjoy the blessings that surround us, and cherish the gift of life that is still very much ours to behold.



